

Franklin Hampshire Career Center presents the

STRESS MANAGEMENT WORKSHOP

Job Searching can be a stressful experience. In this workshop you will learn how to identify the signs of stress along with strategies and techniques to cope.

—— GREENFIELD ——

**FRIDAY, DECEMBER 4TH — 10 AM TO 12 PM
800-457-2603 OR 413-774-4361**

—— NORTHAMPTON ——

**THURSDAY, DECEMBER 17TH — 2 TO 4 PM
800-457-2604 OR 413-586-6506**

—— ORANGE ——

**FRIDAY, DECEMBER 18TH — 10 AM TO 12 PM
978-544-3506**

Sign up or call to register.

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